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Hospital Crisis

VIETNAM VETERANS VICTIMIZED BY NIXON'S BUDGET POLITICS

SAGA

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Dateline: 1985 U.S. Colonization of VENUS

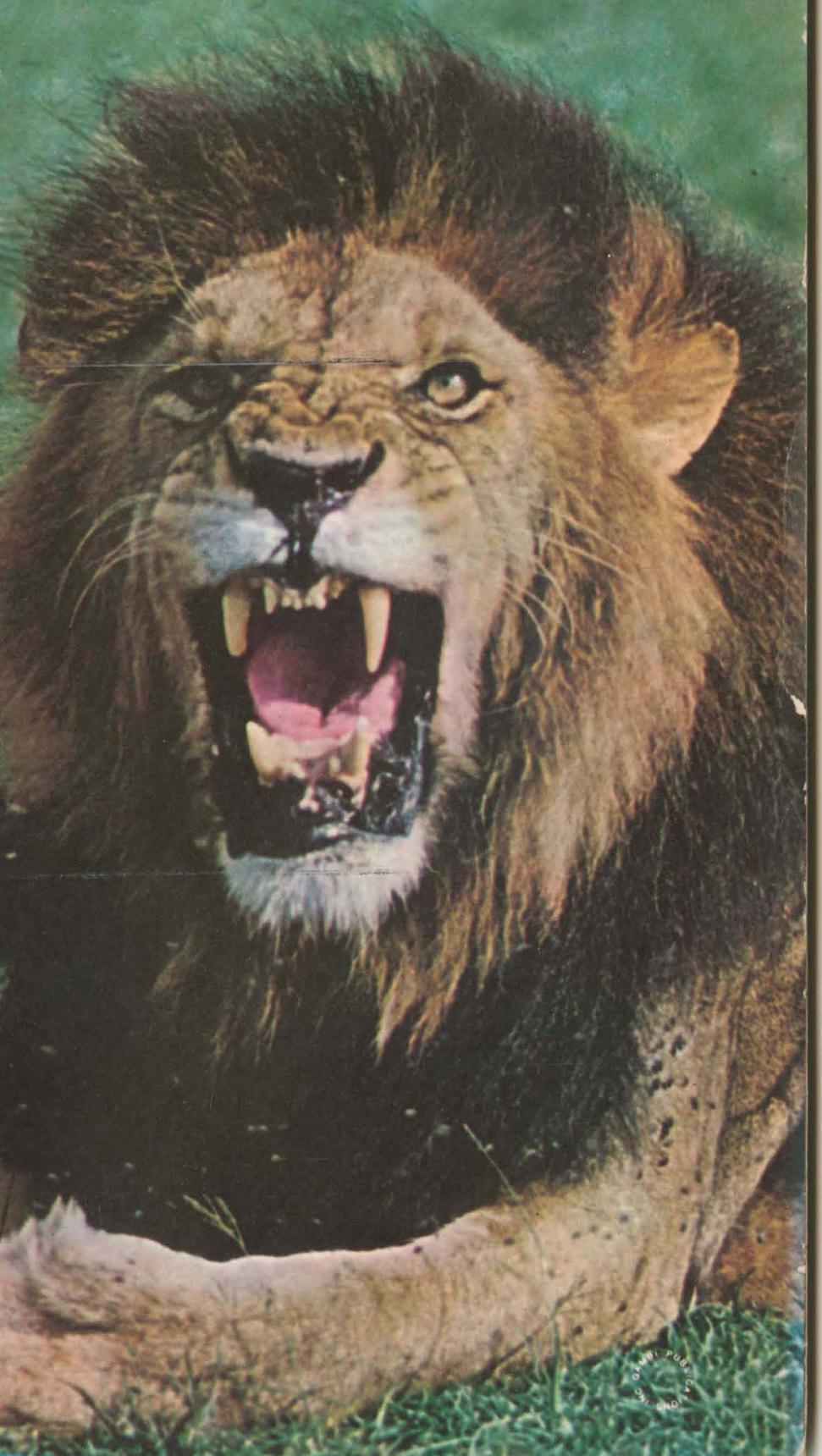
The Occult Aspects of Political Assassination

Vacation Special
Escape The Grind—
Jet To Jamaica

**\$20 Million Spanish
Gold Bars Buried In
Carson National Forest**

Saga Salutes
The Tantalizing
Donna Theodore

**Spear Hunting The
Man-Eater of Chabunkwa**



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Ted Owens, the PyschoKinesis man who has performed over 200 recorded miracles to date (such as controlling hurricanes, earthquakes, and lightning storms, mentally guiding airplanes and ships, summoning rainstorms to drought areas, and helping and healing human beings who were beyond the reach of modern medicine), now shares his secret of the ages—

How You Can Communicate with UFO SPACE INTELLIGENCES

By Ted Owens

First, let's get one thing straight. I'm not going to waste your time. This is a "how to do it" article, and if you're interested in doing the following by using your mind, then this is for you:

- Hypnotize yourself at will (with a double safety).
- Summon storms to rain on drought areas.
- Direct lightning at certain targets.
- Make and guide hurricanes.
- Control airplanes in the sky.
- Control ships on the sea (and submarines, too).
- Manipulate and control *groups of humans*.
- Help and heal human beings who are beyond the reach of modern medicine.
- Control the minds of humans, near or far, either singly or collectively.
- Create earthquakes and floods whenever you wish, wherever you wish.

There is much, much more that you will be able to do, once you learn how to apply the instructions in this article, but the above is only a small sample of what you can bring about *with your mind!*

At this point you should be extremely skeptical of the above statement. In fact, you shouldn't believe a word of it. Because to do the things mentioned above would not be humanly possible. Or . . . would it? Now let's see . . . Moses did things like that, didn't he? And





Ezekiel? Way back in Biblical days? But more important to you is who is Ted Owens and what does he do? What are his credentials for making such seemingly wild claims? If that's what you're thinking, then you're thinking correctly, and we're getting somewhere already.

I'm Ted Owens, the "PK Man" who uses psychokinetic powers and special effects to produce miracles; Otto Binder wrote about me in SAGA in August and September of 1970 and again in March and April of 1971.

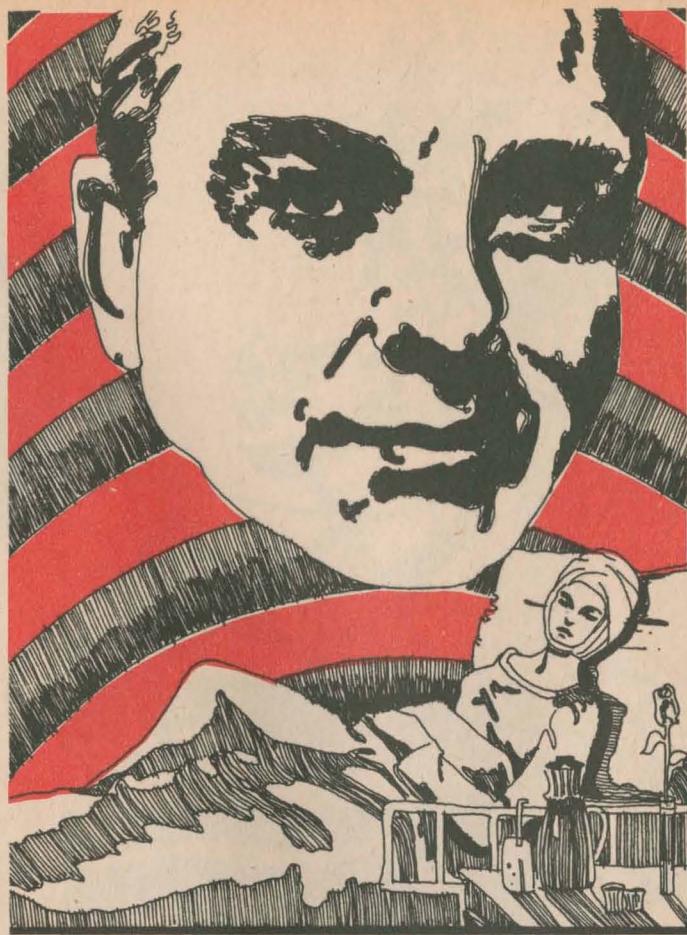
I've already *done* the seemingly impossible things listed above, and have sworn, notarized affidavits saying so from responsible people. As a matter of fact, I've performed over 200 recorded "miracles" to date, using mind over matter power. Just recently, in a span of three weeks, with scientists watching "over my shoulder," so to speak, I brought a tremendous rainstorm to the Norfolk area—which had been stricken by months of ruinous drought—directed lightning attacks on the Norfolk area; produced a hurricane and brought it so close to Norfolk that the rain fell unceasingly for four days; and just to put the "icing on the cake," I had a UFO ("mysterious halo in the sky" as the TV stations called it) appear over Norfolk so that all could see it... simply as a "signature" to the other phenomena I had produced. But *before* all this happened I had notified scientists, government agencies, and local newspapers by letter that it *would* happen, so that when it did occur it could not conceivably be called "just a coincidence." I have sworn affidavits to this event.

All the above are only a few of the over 200 miracles I've performed.

All right... so I have credentials strong enough to impress an army of skeptics. What's the next step as far as you are concerned? Well, before we get down to fundamentals on how *you* can proceed to perform miracles, we first need some general background information so you'll have a better idea of how this all came about.

I was born in Bedford, Ind., 50 years ago. Forty of those years were spent learning and perfecting the powers *you will be able to use after you read this article!* But that should not be so surprising—Edison conducted 50,000 experiments over many years before he perfected his first workable light bulb. Once he had it and made it public knowledge, anybody could build a light bulb in short order.

Actually, I am only part human. My brain was modified by UFO intelligences (who we'll call SIs, for "space intelligences") so it would become a two-way sending and receiving set for the SIs. Once



you follow my instructions, the same thing can happen to you, and then you will also be able to not only communicate with these UFO creatures, but perform miracles as well.

There are a few books you should read. *Secrets of the Ages*, by Robert Collier, is one. *The Sky People*, by Brinsley le Poer Trench, is another. *Flying Saucers Are Watching Us*, by Otto Binder is yet another. These are must reading in order for you to obtain a proper background for what I'm teaching. The books are easy to read and easy to understand, yet all three are key books.

Once you've received the proper background and mastered the instructions in this article, then *you* will perhaps be able to "move the world."

The obvious question arises—why place this priceless information before the general public? Isn't it dangerous? Suppose someone with evil intent got hold of it and used it against the U.S. or the world? That's a fair enough question. Now I'll answer it.

There are certain people among us now who are "sleepers"—that is, people who have the potential to become great—to enrich humanity—given the proper training and instruction. It's no secret that the U.S. is now in deep trouble. The SIs are going to try to help us out of the mess we are in by finding and activating these "sleepers," just as they found and activated me. As soon as my instructions are

The goal of the Space Intelligences (who come from another dimension and whose powers and intellects are unimaginably superior to ours) is to help mankind. If after scanning your past, present, and future, they decide you have the capacity for it, they may bestow superhuman powers on you. But if they feel you will use them selfishly—to obtain money, or hurt, rob, kill, or hate your fellow man—they will ignore you, for the SIs are only interested in finding and developing those humans who will use their new powers to advance the human race creatively and constructively!

mastered and put into operation the SIs will be alerted. At that time they'll scan your mind, telepathically, just like you are reading this article. All that you have been and done will be "seen" by them. Also everything you *can do* in the future will be observed, because they can "see ahead" in time. They will decide then whether or not to contact you, modify your brain, give you superhuman powers, as they did with me, and use you to *benefit* and *lead* mankind. Should you be interested in hurting, hindering, robbing, killing, hating your fellow man, or acquiring money and riches, they will ignore you.

THE SIs ARE INTERESTED ONLY IN FINDING AND DEVELOPING THOSE HUMANS WHO WILL USE THEIR NEW POWERS TO ADVANCE MANKIND CREATIVELY AND CONSTRUCTIVELY.

So I assure you, there is absolutely no danger whatsoever of "bad people" using these priceless secrets to harm either the human race or the U.S.

Now, you would think that the SIs would find and develop only the brilliant minds among us, wouldn't you? For instance, I happen to belong to "Mensa," an international organization of some 15,000 members whose IQs are exceptionally high. In order to be accepted by this organization you have to

first pass exhaustive, rugged IQ tests—the minimum IQ necessary is 148. Yet the SIs may choose a farmer, a soldier, a secretary, a truck driver—that is, anyone who might follow the instructions in this article—and build up their minds so they will have superhuman brains that would put a member of Mensa to shame! That person could very well be *you!*

All right. Enough background. Let's get down to business now. You want the instruction; the system. Now bear in mind that it is unorthodox. But never mind that. While you are learning it, putting it into practice, *do not discuss what you are doing with anybody*, except your "helper"—one person, who will assist you, as I'll soon describe.

First thing in the System—get the book, *Roth's Memory Courses*, by D. Roth. This book teaches you how to memorize lists of words by associating unusual thoughts. It is only necessary that you master the first 20 words. For instance, No. 1 is "hat" . . . and what you want to memorize, like an airplane, goes with a hat, as No. 1. To memorize it, you simply see a giant 747 plane taxiing around the rim of a tophat. Silly, yes? It's supposed to be. Helps you to remember. This is the technique of "mental imagery," and mental imagery is one of the two keys to becoming a superhuman. Get Roth's book, practice the first 20 words to be memorized therein . . . hat, hen, ham, hare, hill, shoe, cow, hive, ape, woods, tide, tin, team, tire, hotel, dish, dog, dove, tub, and nose. Practice getting up in front of groups (this will make you a big hit at parties) and letting members of the group call out objects, one at a time, which another member writes down on a pad, starting with No. 1. When you've gotten to 20 stop them, *and then you can call back the entire list in any order, backwards or forwards!*

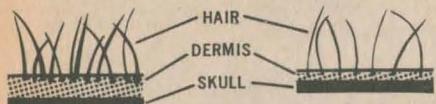
Now why, you ask, is this parlor trick necessary in order to become superhuman?

When you finally communicate with the SIs, and when you perform your miracles, assuming you get to that point, *it will all be done through mental imagery*. Therefore, while you are performing your "parlor trick" of giving memory demonstrations, you are actually *building a muscle* in your mind for mental imagery! Each time you do the memory exercises, it will easier and easier for you to see pictures in your mind, and to *control* these mental pictures.

Let me give you an idea of how important this mental imagery is to become superhuman. While in Maine several years ago I told a prominent real estate man, Mr. Ed Ames, I would communicate with the UFO (Continued on page 66)

THIN HAIR RECEDING HAIRLINE?

FACT: As some men become older, the dermis of the scalp becomes thin. This limits blood circulation to hair follicle. Eventually the hair dies.



NORMAL YOUNG SCALP

- Normal Dermis is fairly thick, acts as a cushion, and allows blood to circulate freely to hair follicle.

- **OLDER SCALP** thin dermis
 - Less fatty tissue between scalp and skull. This causes:
 - Restricted circulation to hair follicle
 - Loss of adequate protein nutrition to hair
 - Thin hair • Hair dies

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If the answer is yes, then you probably have a balding problem due to poor circulation to hair follicle. The blood cannot flow freely to bring adequate protein nutrition to your hair. Eventually the hair dies. HAIR PRO tablets are a special formula of PROTEIN CONCENTRATE.

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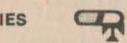
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UFO INTELLIGENCES (Continued from page 37)

intelligences, ask them to bring a UFO into plain sight over the Brewer-Bangor area within a few days' time, and it would be reported in the newspapers! He said all right, he'd like to see if that could happen. So I used mental imagery to contact the SIs, then used mental imagery to *show* the SIs what I wanted as a demonstration. A few days later a flying saucer was sighted over the Brewer-Bangor area, knocked out automobile power, and then vanished. And the story appeared on the front page of the local newspapers. (I have Mr. Ames's sworn affidavit on this event.) Now, without mental imagery I could not have performed this "miracle."

Or take the case of Brenda Sue Pennington, a girl in a hospital just outside Washington, D.C., who had a crushed skull and was dying. Her parents asked me to try to save her. I used mental imagery to contact the SIs and "tell" them what I was attempting, then stood inside the girl's hospital room and used mental imagery to place other-dimensional symbols onto the girl so that they would grow and help her. One, for instance, was a rainbow effect on top of her head, which would then spread and grow larger with the passing of each day, until it eventually filled her entire hospital room! That was the turning point for the girl, who'd been given up for dead by the doctors; today she is living in West Virginia. The point is, without mental imagery the whole thing would have been impossible. (That case also is documented.)

I first stumbled upon, and learned, the Roth memory system when I was 18 years old. Of course, I hadn't really "stumbled" onto it; the SIs had led me telepathically to it, just as they would lead me, a "sleeper," to all the other necessary materials for communicating and working with and for them.

So you can see how vitally important it is for you to learn and develop this mental imagery technique! It isn't hard; it's lots of fun; it's entertaining to your friends; and best of all it will make your brain more powerful!

(By the way, if any of you have questions about any of this, or difficulty in following the directions for this System, just write to me care of SAGA magazine, 333 Johnson Ave., Brooklyn, N.Y. 11206, and I'll help you personally, as much as my time allows, by answering your letters. It could take a while for me to answer, so please be patient.)

The next step in learning this System, is the most important! A famous scientist, who wants to remain anonymous to protect his reputation, thoroughly investigated me and my work and stated unequivocally that it had to be my mastery of *self-hypnosis* that was the key to the SIs being able to give me superhuman power! And that is *your* next step—to hypnotize *yourself*. I'll make it simple for you, too. Some people take years to learn autohypnosis, but you'll be able to do it in days.

Actually, self-hypnosis is the key that unlocks a secret door in your mind that leads to a storehouse of tremendous

unused power! Let me give you a few examples of what can be done with self-hypnosis. Some years ago in Texas, I bought a car from a salesman named Charlie Turner. Charlie was English, and his accent interested me. We chatted as I filled out the necessary papers, and he said it had been the first car he'd sold in several months, that he was broke. I "scanned" his mind and telepathically ascertained that here was an unusual man, one with great potential. So I told him that I taught self-hypnosis, and that he should learn it. He said he hadn't the money to pay for the instruction. I said that it wasn't necessary, I'd be glad to train him for nothing. So he made an appointment, and I began training him. Shortly after learning self-hypnosis he quit selling cars, and started an import-export business. Within months he'd become fantastically successful! He had quite a bit of money in the bank and was becoming widely known in his field. He attributed all this success to his learning of autohypnosis and application to his daily life. But that wasn't all. One night Charlie, who lived far out in the suburbs, lifted an outboard motor on top of his stove to repair it, and the stove's pilot light ignited the motor; it blew up, spraying flaming gasoline on Charlie's left hand and arm. Charlie quickly doused the flames and called an ambulance, which didn't get there for almost half an hour (this happened at 3:30 in the morning). Charlie told me that if he hadn't used self-hypnosis on himself to deaden the excruciating pain, he'd have gone out of his mind. But worse was to come. After Charlie reached the hospital he removed the self-hypnosis from his arm (as I had taught him to do) so the doctors could work on him, that's when he was told that they couldn't give him a shot to ease his pain until the doctor arrived to authorize it! Therefore because the pain was unbearable, Charlie put himself under hypnosis again, and sat for 40 minutes until the doctor got there. The doctor told Charlie that he might never be able to use the arm again. It was burned that badly. And then, at that point, Charlie deviated from my instruction and told the doctor he would treat the arm himself *without* the doctor's help! Charlie took a cab home and stayed in bed for a week, using autohypnosis not only to deaden the pain in his arm but also to rebuild and restore the skin and muscle! At the end of that week he climbed up on top of his house and installed a new TV aerial, using the left arm the doctor said would be useless! The following week he was up and about driving his car and doing all his normal chores. The week after that he came to see me, told me the story, and showed me his left hand and arm. Only a tiny brown spot remained on the back of his left hand. *The arm was entirely normal!*

I've gone into this case in detail because it demonstrates how self-hypnosis can help, both your life situation as a whole and in countless emergency situations. Of course, pain is a warning signal, and autohypnosis should be used *only* in an emergency until you get to a doctor. I bawled Charlie out for not staying in the hospital and following the doctor's instructions. "Medicine and doctors and



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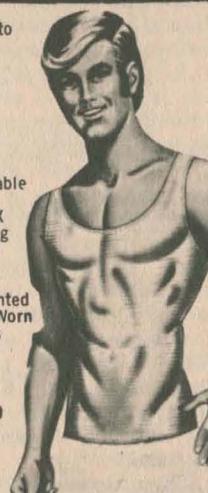
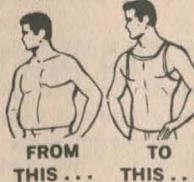
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68 SAGA

surgery first, Charlie," I yelled at him. "Then use auto-hyp."

Control of *useless* pain is only one of thousands of possible uses for self-hypnosis. One man learned autohypnosis because he had a deathly fear of dentists—hadn't been to one for 12 years. As soon as he mastered the technique, he marched to the nearest dentist and had 12 teeth pulled, all under self-hypnosis!

In order to find out more you should read some *good* books on autohypnosis. There are a number of them, so I'll leave the choice up to you (they are for background and *general* instruction). I'm going to teach you a superior method right here, which is sufficient for your use.

Before teaching you how to hypnotize yourself, let me give you some preliminary instruction.

Pain is a warning signal; you should only use self-hypnosis to deaden pain in an emergency, until you can get to a doctor; then you should remove the autohypnosis, because you *need* the pain as an indicator for the doctor to work with. **ALWAYS WORK WITH THE DOCTOR.** Self-hypnosis should *not* be used to take the place of medicine, or doctors, or surgery! I can't stress that point enough.

By the way, allow me to quote some people who I taught self-hypnosis (names are unimportant, but they are identified by profession, to show its scope). Business owner: "Since I've used autohypnosis I find that people can't irritate me or insult me anymore. It just seems to bounce off me. I'm much happier. I feel like a new man!" Court reporter: "Since I've learned autohypnosis from you I've been amazed at the good results of it! And I've been deeply happy since using it!" Jeweler: "Money could not buy what your autohypnosis has done for me, Mr. Owens!" Secretary: "Nothing happened the first two weeks but suddenly I've become happier than at any other time in my life. I can't believe it, and I'm scared that it might go away. I'm so happy!" Lawyer: "My work has improved 30 percent because of the autohypnosis you taught me. It's really working!" Court reporter: "This week I have been happier, made more money, and got more work done than at any time in my entire life! I even increased my stenotype speed by 25 words per minute by using my autohypnosis. This autohypnosis is the best thing that ever happened to me!" Nurse: "It's like a miracle! Now I'm sleeping like I used to years ago! For years I have only gotten half a night's sleep, until now." Electronics expert: "I didn't believe in this for a couple of weeks, but now I'm sleeping without pain, and soundly."

These comments from former pupils go on and on but you can see how powerful and effective this method is. Used intelligently (with the cooperation of your doctor, if you so desire), self-hypnosis can improve your life tremendously! But even more important, it can lead you directly to the SIs and to superhuman power.

(Two superior books I suggest you read are: *Autoconditioning* by Dr. Hornell Hast, and *Hypnosis* by Drs. S. J. Van Pelt, Gordon Ambrose and George Newbold.)

Now, the autohypnosis I'm going to teach you is designed to lead you to the

SIs. However, here are a few of the things it can do for you when it is used simply for itself:

- It can make you feel happy and cheerful, instead of depressed and blue.
- It can give you the courage to face anything.
- It can refresh you in minutes, if you are tired.
- It can keep you wide awake, if that is necessary (be careful not to extend this over too long a period of time.)
- It can put you soundly to sleep, all night long, or at any time.
- It can relieve pain and discomfort. (Useless pain, that is. Read those books I referred you to concerning this point.)
- It can help you break bad habits, such as procrastination, overeating, smoking drinking, etc.
- It can remove panic, fear, tension, self-consciousness, etc.
- It can help improve your personality and your attitude toward people, and situations.
- It can help you improve your income, by improving you.

But what is the "secret" of self-hypnosis?

Just this: in your normal conscious state your thoughts do not register very deeply upon your subconscious mind. In contrast, when you utilize your autohypnotic "trigger" mechanism, *all* your mental power is focused on whatever you are concentrating on, and when you come out of your self-hypnosis your mind is set, just like an alarm clock, to get the maximum results that you have ordered while under autohypnosis. (This is called post-hypnotic suggestion.) You see, in your normal conscious state you use a mere five to 10 percent of your brainpower. But your subconscious mind, controlled by your self-hypnosis, gives you access to approximately 70 to 90 percent of your brainpower! Quite a difference!

O.K. Now I'll teach you *exactly* how to hypnotize yourself, step by step. The first step is to have you hypnotized by your "helper"—your husband or wife, or girlfriend or boyfriend. Someone you trust who will take this seriously and not make fun of it, and will above all else, be considerate and cautious. If you have any doubts or reservations, you should *not* attempt it (and that goes for any step along the way). A pendulum will be needed—one can be acquired in novelty or magic shops, or you can simply tie a ring to a six-inch string. Turn off all the lights in the room except one just above and behind your head, as you lie on a couch. Your helper will be seated beside the couch in such a position that he can hold the end of the string of the pendulum and let it dangle in front of your eyes, swinging it back and forth. He can put this page in his lap and read the instructions below, as he slowly swings the pendulum back and forth about six inches in front of and slightly above your eyes, so that you have to look up at it. Then he begins reading out loud *as you keep your eyes focused on the swinging pendulum*, moving it slowly back and forth:

"Now, all you have to do is listen to my suggestions, and imagine the suggestions taking effect. Just watch the pendulum,

(Continued on page 70)

EVER WANTED A SPOT WHERE YOU COULD GET AWAY FROM IT ALL?

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glue your eyes to it as it moves back and forth, and listen closely to my voice. Now your feet and legs are becoming heavy . . . heavy like lead. Your entire body is becoming quiet, heavy, and relaxed. You are breathing more slowly, and more deeply, and feel your eyes getting heavier and heavier . . . more and more relaxed and heavy. Feel your entire body now getting heavier and heavier . . . more and more relaxed . . . feel as if heavy weights were pulling down on your eyelids . . . feel your eyes getting heavier and heavier. Now, at the count of two, let your eyes close, then listen only to my voice. One . . . two. Close your eyes. Now do not try to open your eyes, or come out of your deep concentration until I count back to zero later on.

"Listen only to my voice and let nothing bother or disturb you. You are now going to relax deeply. Each time you breathe your body will become much heavier and your feet, legs, hands, and arms will become heavier; and more limp. Listen closely to my voice for it is going to help you, and you will not listen to other sounds, and they will just fade away. Now feel your feet, your legs, your hands, your arms growing heavier and heavier and more and more relaxed. Let your hands become as limp as though they were pieces of cloth, or two empty gloves lying on top of a dresser, completely heavy and limp. Remember, all you have to do is listen to me and imagine what I am suggesting. And the better you concentrate your mind on listening to my suggestions, the better the results you will obtain through the power of your mind. Now be aware of any tense muscle in your body, and simply let it relax, let it go limp. Just let go and keep on letting go. Now your entire body is getting heavy, limp, quiet, and relaxed. Feel your hands getting still heavier and heavier, and more and more relaxed.

"Feel more and more peaceful. Feel a sense of peace and well-being coming over you. Feel at peace with yourself. Now turn your attention to your face and neck and let all tension and nervousness go out of your face and neck. Just relax your face and neck and let those areas become quiet, peaceful, and relaxed. Feel a great peacefulness. Feel at peace with yourself. Now, with your entire body relaxed, quiet, peaceful, limp, and relaxed, I am going to count from one to four, and as I count feel this relaxation and quiet peacefulness sinking in, deeper and deeper. One, more relaxed. Two, deeper and more peaceful. Three, more quiet, more relaxed. Four, still deeper, more quiet, more peaceful. Now you are deeply relaxed, and must not try to come out of your concentration until I count back to zero.

"Now listen carefully . . . from this minute on, whenever you practice your self-hypnosis, it will be five times deeper and five times more powerful for you than ever before! And each day, as you use your self-hypnosis, you will become happier and more relaxed and your nerves will become calmer and calmer, and you will be able to relax more quickly each time you practice it and more easily each time you use it. And each time you practice you will be able to let yourself sink into the concentration more easily, and more quickly.

"Now, listen to me carefully, and ac-

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cept each of my suggestions. The following suggestions will be indelibly engraved upon your subconscious mind for the rest of your life, and will serve you powerfully for the rest of your life. Powerfully!

"From now on, whenever you wish to hypnotize yourself, look at the moon of either of your thumbnails, and simultaneously say, or think, the words 'deep asleep.' Always remember these two key words, 'deep asleep.' Then feel your eyes get heavy, and let them close. Next picture in your mind a dark light bulb and touch your forehead between your eyes and see this light bulb in your mind click on. Now, that much is your 'trigger mechanism,' and the instant you have completed it you have turned off your conscious mind and turned on your giant, subconscious mind . . . although there will be no apparent difference to you, that you're aware of. Next, count to three, slowly. Then you are ready to give yourself your autosuggestion . . . and you must speak to yourself with emotion and feeling . . . also over and over, to make it stronger. For instance, instead of just saying, 'I'll be happy today,' say 'Today and every day I'll be happy, relaxed and calm, and the things that have been worrying me, irritating me, will no longer have the power to upset me; they will just bounce off me like a rubber ball off a wall.' In other words, give yourself a regular pep talk under your own hypnosis . . . then repeat it over and over several times, to make it even stronger. Then you are ready to wake yourself, and for this you *always* follow the same procedure, saying 'I'll waken now at the count of zero, wide awake, refreshed and happy, with my mind and body in perfect balance, and going with God.' Then you count backward . . . four, three, two, one, zero . . . see the light bulb in your head click off when you touch your forehead, say to yourself out loud, 'wide awake now!', open your eyes, and snap your fingers right in front of your eyes . . . just to make sure that you are out of your deep concentration. Do you have these instructions in mind? (He or she nods) "Good. Now I'll touch your forehead and these instructions will be indelibly engraved upon your subconscious mind for the rest of your life, and will serve you powerfully! Powerfully!" (The helper touches the subject on the forehead between the eyes and says "there!")

"Now, before you come out of your deep concentration, a few more instructions. For the next two weeks do not try to analyze what is going on or it might keep it from working. It would be like your going into a dark closet with a bright light to see if there was any dark in there. The secret to obtaining powerful results is to just let yourself go, and follow these instructions. Also, it will take two to four weeks before you have completely mastered this skill, so do not expect any miraculous results before that time. Now, for two minutes there will be quiet." (At this point the helper puts his hand on the listener's forehead, closes eyes, and says a personal prayer . . . asking God to make the listener happy and healthy.)

"Now you will come out of your deep concentration at the count of zero . . . wide awake, happy and refreshed, your body

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and mind in perfect balance, and going with God. Your nerves will be relaxed and quiet. All tension will be gone from your body and mind. Your body will feel refreshed and light. If there have been any worries, fears, or anxieties on your mind, they will be gone when you come out of your concentration. Four, three, two, one, zero! Wide awake!" (The helper snaps his finger right in front of the listener's just-opened eyes.)

All right, now, readers. That is the rather long, but necessary "magic formula" for your helper to teach you the self-hypnosis routine. The entire procedure outlined above should be repeated once more the next evening or at some time during the same week. Then all you have to do to hypnotize yourself at any time during the rest of your life is look at the white, or moon, of either your left or right thumbnail, say or think the words "deep asleep," close your eyes, count to three slowly . . . one, two, three . . . and you are ready to tell yourself the suggestion you want to take effect.

All that remains now to reach the SIs, the UFO intelligences, is: type or print on a card, which you will keep in your handbag or wallet, the following: "I am now sending my mind back through the ages . . . to the times of the ancient Egyptians, Incas, Aztecs . . . to learn the great secrets of those times, and to bring those secrets back to me here, so that I can know them and use them in the world I live in today to help mankind."

Now, you will take that formula to bed with you twice a week after you learn how to hypnotize yourself. Just before going to sleep you'll autohyp, go through the routine, and tell yourself before you open your eyes that "when I open my eyes, what I read to myself will take effect on my life with all the power of Nature." Then simply open your eyes and read that formula off the card. When finished, set the formula aside, turn off your light, and go to sleep.

On a second card, type a second formula, which reads as follows: "I hereby give my mind, my soul, and my body to God, to do with as He sees fit to improve

the world, to improve mankind. But I deny and reject the Devil and evil completely and entirely!"

You use this second formula twice a week, but in the morning just after you awaken. Just go through your autohyp routine, open your eyes and read this formula out loud to yourself, close your eyes and count backward and bring yourself "out." And you'll have a happy day.

O.K. . . let's take a brief look at what you need to do: learn Roth's memory system, at least the first 20 words, but practice until you are an expert with those 20 words. Get your helper and have him teach you autohypnosis as outlined above. All he or she has to do is use the pendulum to make your eyes tired, read the passages from these pages, and presto, you learn how to hypnotize yourself. Once that is done, make out your two formula cards and begin to use each of them twice a week on yourself, under your autohyp. Any questions? If your helper should at any time deviate from my written instructions and give suggestions of his own, then you just come awake and get another helper at some future time. You must have a helper you can trust. I've worked out this formula word by word, precisely, with thousands of people, and it works like a charm, if followed correctly. That is why I stress that your helper must be someone you can trust.

Some of you will read this and say, I haven't time to learn a memory system and all these instructions. Too much trouble. Interesting, though. And you'll close the magazine and watch TV.

Some of you will read this, go to the trouble to get Roth's book, learn the 20 words, become a whiz at entertaining at parties, and let it go at that.

Some of you will go further—you'll learn the memory system and develop a strong mental-imagery technique; then you'll get a helper and learn autohypnosis as outlined above. And you'll feel like a million. You'll get happier, and as time goes by your entire life will change for the better. But the cards and formulas will seem silly to you, and you'll skip that.

A few of you will go the whole route: learn the memory system master the autohypnosis, use it as instructed, and apply

the formula system as instructed. Then one of two things will happen: the SIs will be alerted automatically, as if you'd rung their doorbell, so to speak . . . and they will scan your mind to determine if you are the right kind of person to handle the awesome responsibilities of secrets from Infinity . . . from another world, their dimension. If when they scan your mind and find you wanting, or weak, or power hungry, or greedy, or mean and cruel—and they can see it clearly, no matter how you've fooled the people around you—then it will not go any further. The superhuman powers will be denied you.

But somewhere in your midst—perhaps a housewife, an office clerk, a truck driver, a lawyer or ballplayer, perhaps even a college youngster—will be a chosen few "sleepers" who will zealously master what I've written . . . use the formulas . . . have their minds scanned by the SIs . . . and pass the test!

From that point on the SIs will take you in hand and bestow on you superhuman powers. Just as they did with me. And the rest will be history. The world will hear about you and the "miracles" you'll perform.

You are needed badly, right away, by the SIs for training and use, because the world is in a dangerous state today. Mankind could be destroyed on any day of the week. But if some of you can be found by the SIs—and accepted and trained—then perhaps there is still a chance for the world to be made a happy, safe place. Healthy to live in and with no more wars and killing and hate.

I want to express my deepest thanks to SAGA magazine for allowing this unusual message and set of instructions to be printed for the general public. SAGA is probably the only magazine in the world with enough interest in mankind to try this unorthodox approach.

The SIs also wish to thank SAGA.

In closing let me say God bless you, readers, whoever you may be, and if you feel inspired, or feel the urge to follow these instructions, please do it, for God's sake!

★ THE END

ESCAPE TO SEA

(Continued from page 40)

can have it. If you want embroidered roses and plastic daisies, that's available too. The choices are as limitless as there are different people. Boat builders offer endless choices of color and materials, or you can even start from scratch and be your own designer. You can buy old or new, revamp some other man's ideas or create your own. You can build of wood or fiber glass, from a prepared kit or from dozens of different blueprints or pay \$1,000 for a hull that needs work, or any amount you can afford.

The word "secondhand" doesn't mean the same thing in boats as it does in cars. A car can go out of style, but a boat is like a house—it's basically good or bad. You can buy any number of boats that are 10, 15, 20 or more years old. You can find

dowagers from the 30s that are still in first class condition, and which you would be proud to own. Usually, the largest boat you can afford is the one to buy.

Dr. Don Thomas, a Midwest dentist paid \$35,000 for a 100-foot Scandinavian freighter and converted it into a virtual floating palace. It has 2,000 square feet of living space with plenty of room for his wife, two children and their two teen-aged friends. The freighter was completely renovated before Thomas took off, even to the addition of paisley wallpaper in the playroom. He sold all his belongings and cashed in his life insurance to do it, and it's still not as complete as he would like.

But even though his "Shangri-La" doesn't have all the comforts most Americans consider standard—air conditioning, television, telephones, and cars—Thomas has no regrets. "When the money for food and fuel runs out, I'll start drilling teeth again," he says.

With his white beard, battered blue sneakers, and old work clothes, Thomas looks every bit the seadog as he stands on the fantail of his bright red steel ship looking out to sea. "I wanted to see how other people live, learn their customs and understand their problems. Just thinking about it took my mind off mundane things."

He plans to visit the Caribbean, South America, and eventually the South Pacific. "The only reason to go back to work is to eat."

Pete Allison lives in dread of being called back to work at Pan American Airways, where he has been a high salaried mechanic for 12 years. He was laid off in a cutback over a year ago and hopes they never call him back. The reason? He's living on his 30-foot cruiser and makes frequent trips to the Bahamas to dive for treasure.

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